

Epping Forest Swim Team 2011

- For:** All Epping Forest swimmers age 4-18
- What:** We are a recreational summer swim team, built on the principles of teamwork, character building and fun. It is our goal to compete in the River City Swim League as a swimming “family” with the utmost integrity and enthusiasm.
- When:** Afternoon practices will begin Monday, May 9th and run Mon-Fri. Swimmers are encouraged to make 2-3 practices a week.
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| 6 & Under | 4:30-5:00 PM |
| 8 & Under | 5:00-5:45 PM |
| 9 & UP | 5:00-6:00 PM (6:30 when school is out) |
- Morning practices will begin Monday, June 6th on Mondays, Tuesdays and Wednesdays only. Mornings are only for the 7&Ups. Afternoon practices will continue as usual Mon- Fri except on meet days.
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| 7 & Up | 9:00-10:00 AM |
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- Coaches:** Allison Palmer (703-8558), Josh Pearson and Steve Lazaraton are all returning for another great summer!. New coaches this summer are Blair and Haley Hakimian and William Hartje to help us with the many 6&Unders. We also have the best junior coaches in the league!
- Volunteers:** Needed at every meet! Swim team is not a ‘drop off’ sport. We will need 25 people per meet to make it run efficiently. There will be 2 shifts at each of the 6 meets. Parents will be asked to work a minimum of **2 shifts per child** in the following areas:
- Hospitality:** Arrive early to the meet to welcome parents and sell heat sheets. Distribute drinks to other workers and coaches during the meet. (Home meets)
 - Timers:** Use a stopwatch to time swimmers and write times on cards. Each team will provide 6 timers per shift. (All meets)
 - Runners:** Takes the time cards from the timers after each event and runs them to the computer area to be recorded. (All meets)
 - Ribbons:** Places the computer generated labels on the appropriate ribbon for each event and files the ribbons in the box. (All meets)
 - Computer:** This person will enter all the times from the event cards as the races finish. They keep track of the score & generate the labels for the ribbons.
 - Stroke and Turn Judges:** Watch swimmers for rule violations while swimming. This is a job for parents with prior swimming experience. You must be trained and certified. (All meets)
 - Clerk of Course:** Calls swimmers to the clerk area, passes out cards and arranges swimmers in their respective heats. (All meets)
 - Starter:** Announces and starts the races. (Home meets only)

Cost: \$130 includes River City League fee, practices and team t-shirt. Make checks payable to the Epping Forest Swim Team. This fee cannot be billed to your account. You will need to purchase a suit, cap & goggles.

Team Suit: **TYR Eternal Flame.** Purchase suits through **Bakers Sporting Goods** at the registration meeting. Prices include tax.

Female:	\$51
Male Jammers:	\$32
Male Brief:	\$26

Swim Meets: The meets are scheduled as follows:
Thursday, June 2nd: Deerwood at Epping 4 warm up/ 4:30 start
Thursday, June 9th: at Baymeadows (JCDS) 4 warm up/ 4:30 start
Thursday, June 16th: at Episcopal 4 warm up/ 4:30 start
Tuesday, June 21st: Jca at Epping 4 warm up/ 4:30 start
Thursday, June 30th: BAC at Epping 4 warm up/ 4:30 start
Thursday, July 7th: at Deercreek 4 warm up/ 4:30 start
Thursday, July 14th: PV at Epping 4 warm up/ 4:30 start

River City Championships will be held at **Cecil Field**
6 & Under Thursday, July 28th
7 & Up Friday, July 29th -Sunday, July 31st

Swimmers must compete in 3 meets to be eligible for the River City Championship meet. Swimmers will need to swim at the Championship meet in order to receive a trophy at the banquet.

Awards: Ribbons for all 6 & under swimmers who finish their race
Ribbons for 1st-8th place finishers in the other age groups. Age groups consist of swimmers 6&U, 8&U, 9-10, 11-12. 13-14 and 15-18 years old as of May 1, 2007.

Social Activities:
Swim Team Registration Party: Saturday, April 16th 11-1:00
Itchetucknee Springs: Sunday TBA (possible June 12)
Pizza/Carbo Loading night: Wednesday, July 27th

Updates: Please check out the Epping Forest web site at www.efyc.com for new information or follow us on facebook (Epping Forest Swim Team).